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# Diabetes Dateline

The National Diabetes Information Clearinghouse Bulletin

Vol. 3, No. 2

MARCH/APRIL 1982


## Diabetes Control Trial Begins at 21 Medical Centers

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Carolyn Siebert, M.P.H.
Clinical Trial Coordinator, NIADDK

The National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases (NIADDK) of the National Institutes of Health has announced the selection of 21 medical centers and a data coordinating center to participate in a clinical trial to assess the relationship between blood glucose control and the early vascular complications of insulin-dependent diabetes. (See DATELINE, Jan./Feb. 1981.) Although this issue has long been the single most important and controversial clinical question in diabetes, until recently it has not been possible to conduct the type of study required to obtain an answer to this question. The availability of recent technological advances such as the insulin pump and devices for home blood glucose monitoring which allow more aggressive diabetes management will, for the first time, make it possible to conduct the controlled clinical trial necessary to evaluate the influence of tight control of blood glucose on the subsequent development of complications.

A four-phased approach will be taken: In Phase I, over the course of the next 6 to 12 months, the centers' staff and the NIADDK will develop specific protocols and uniform guidelines needed for a limited study in Phase II. The purpose of the Phase II study, which could take up to 2 years to complete, will be to determine the feasibility of conducting a full-scale, long-term clinical trial. Approximately 200 insulin-dependent volunteers will participate in this segment of the project. If the results of Phase II indicate that a long-term trial will produce the data necessary to make meaningful conclusions about the relationship between blood glucose control and the complications of insulin-dependent diabetes, the full-scale trial will be undertaken in Phase III. This will involve 400-600 volunteers who will be studied for 7-10 years. The last phase of the study, Phase IV, will be devoted to data analysis and reporting the outcomes of the full-scale trial in the medical literature.

The volunteer participants in this study will be randomly assigned to either a strict regimen for tight control of blood glucose or to a conventional treatment regimen. The goal of the tight control treatment regimen will be to maintain blood glucose at levels which are more similar to those of a non-diabetic person; the conventional regimen will reflect the treatment approach most frequently used today in managing persons with insulin-dependent diabetes. The participants will be followed carefully to determine if one method of management is superior to the other in preventing, delaying, or lessening the early vascular complications of insulin-dependent diabetes. It is hoped that the information gained from this clinical trial will be useful to physicians in choosing the best treatment for their diabetic patients.

The Clinical Trial Centers and Principal Investigators are listed on page 2.

DEPARTMENT OF HEALTH AND HUMAN SERVICES • Public Health Service • National Institutes of Health

HE 20.3310/3:

## Diabetes Clinical Trial Centers and Principal Investigators

Dr. David E. Goldstein
University of Missouri
Columbia, MO

Dr. Donnell D. Etzwiler
St. Louis Park Medical Center
Minneapolis, MN

Dr. Jerry P. Palmer
University of Washington
Seattle, WA

Dr. F. John Service
Mayo Foundation
Rochester, MN

Dr. Philip Raskin
University of Texas
Dallas, TX

Dr. William V. Tamborlane
Yale University
New Haven, CT

Dr. Lester Baker
University of Pennsylvania
Philadelphia, PA

Dr. Rodney A. Lorenz
Vanderbilt University
Nashville, TN

Dr. Abbas E. Kitabchi
University of Tennessee
Memphis, TN

Dr. Jose J. Barbosa
University of Minnesota
Minneapolis, MN

Dr. Lois Jovanovic
Cornell University
New York, NY

Dr. Saul Genuth
Mt. Sinai Hospital
Cleveland, OH

Dr. Bernard Zinman
Toronto General Hospital
Toronto, Ontario, Canada

Dr. Lawrence I. Rand
Joslin Diabetes Center, Inc.
Boston, MA

Dr. Fred W. Whitehouse
Henry Ford Hospital
Detroit, MI

Dr. David M. Nathan
Massachusetts General Hospital
Boston, MA

Dr. John A. Colwell
Medical University of South Carolina
Charleston, SC

Dr. Julio V. Santiago
Washington University
St. Louis, MO

Dr. Helmut G. Schrott
University of Iowa
Iowa City, IA

Dr. Allan L. Drash
Children's Hospital of Pittsburgh
Pittsburgh, PA

Dr. John Dupre
University of Western Ontario
London, Ontario, Canada

Data Coordinating Center

Dr. John M. Lachin
George Washington University
Biostatistics Center
Bethesda, MD

# Insurance for Outpatient Education

Effective January 1982, a bill establishing group insurance coverage for outpatient diabetes education became law in the state of California. Senate Bill No. 1187 was introduced by Senator Alan Sieroty and approved with amendments on September 8, 1981.

The campaign to achieve this legislation began in late 1979 when members of the newly-formed Public Affairs Committee of the American Diabetes Association Southern California Affiliate (ADASCA) went to Sacramento to establish lines of communication with lawmakers. In late 1980, after a year of lobbying, ADASCA invited several legislators to a public hearing where health care professionals, patients, and representatives of Blue Shield of California and the State Health Department testified to the need and value of outpatient diabetes education. Senator Sieroty attended this hearing and subsequently agreed to introduce a bill calling for broad and substantial third-party coverage.

The Senator's original bill was, however, amended in both the Senate and Assembly to restrict coverage in several ways. In its final version, SB No. 1187 does not include individual policies, nor does it include Medi-Cal (Medicaid) or Medicare, both Federally-sponsored programs. Coverage does extend to the four kinds of insurance companies that are licensed in California: health care services (HMO's, California Blue Shield); hospital service plans (Blue Cross); all disability-class commercial insurors; and self-insured employee welfare benefits plans.

There are no stated limits to the number of times a person with diabetes may enroll in an outpatient education program, but family members are not covered. Each course must be supervised by a physician who is board-certified in internal medicine or pediatrics. Other professionals providing care in the education setting must be "knowledgeable about diabetes." These professionals include--but are not limited to--registered nurses, dietitians, and pharmacists.

Employees are covered only if diabetes education has been chosen as an included

(continued on page 4)

# New Materials Available

Points for a Good Life: Nutrition/Diet Manual. V. Stuckey. Sun City, AZ: Diet Teaching Programs, Inc., 1981. 192 pp. $11.95. Available from: Diet Teaching Programs, P.O. Box 1832, Sun City, AZ 85372. Phone: (602) 977-6677.

The Point System for dieting and meal planning is based on "calorie points," each one equal to 75 calories. The kind and number of macronutrients and micronutrients contained in each food are also calculated. The book is written in a conversational, question-and-answer style, and its many tables, illustrations, sample meal plans, and recipe calculations aid in the understanding and use of this nutritional system.

* * *

Diabetes: A Practical New Guide to Healthy Living. J. Anderson, M.D. New York: Arco Publishing Co., Inc., 1981. 157 pp. $12.95. Available from: Arco Publishing Co., Inc., 219 Park Ave. So., New York, NY 10003. Phone: (212) 777-6300.

For the lay reader, a general introduction to the nature of diabetes is provided, including the most important ways of controlling blood sugar levels and practical suggestions for coping with everyday life. The book stresses the high carbohydrate and fiber (HCF) diets developed especially for persons with diabetes by a university research team headed by the author.

* * *

Everything About Exchange Values For Foods. P. Cinnamon and M. Swanson. Moscow, ID : University Press of Idaho, 3rd edition, 1981. 61 pp. $3.50. Available from: Idaho Research Foundation, Inc., P.O. Box 3368, University Station, Moscow, ID 83843-0368. Phone: (208) 885-6245.

This 61-page list includes exchange values for convenience foods, prepared items, alcoholic beverages, and gives directions for calculating exchanges of mixed dishes. Foods are listed by product name, brand or type, household measure, weight in grams, number and type of exchanges, and calories. This book is designed primarily for people with diabetes and professionals who already have a good grasp of the standard Exchange Lists.

Please send me one of the following:

Detach, put in envelope, and mail to:
**NATIONAL DIABETES INFORMATION CLEARINGHOUSE**
**Box: NDIC; Bethesda, Maryland 20205**

**NDIC BIBLIOGRAPHIES**
- ☐ Cookbooks for People with Diabetes
- ☐ Diabetes and Aging
- ☐ Diabetes Educational Materials for Adults with Limited Reading Skills
- ☐ Diabetic Aids: Selected Products
- ☐ Diet and Nutrition for People with Diabetes
- ☐ Educational Materials for and About Young People with Diabetes
- ☐ Foot Care and Diabetes (revised)
- ☐ General Information About Diabetes
- ☐ Information for Diabetics on Careers and Employment
- ☐ Materials and Aids for the Visually Impaired Diabetic
- ☐ Pregnancy and Diabetes
- ☐ Spanish Language Materials for People with Diabetes
- ☐ Sports and Exercise for People with Diabetes
- ☐ Teaching Guides for Diabetes Education Programs

**NIH PUBLICATIONS**
- ☐ The Treatment and Control of Diabetes: A National Plan to Reduce Mortality and Morbidity (A Report of the National Diabetes Advisory Board)
- ☐ Report of the National Conference on Diabetes: Current Status and Future Directions (Appendix to the Third Annual Report of the National Diabetes Advisory Board)
- ☐ Third Annual Report of the National Diabetes Advisory Board: Five Years of Progress; Five Years of Promise
- ☐ Pretesting in Health Communications: Methods, Examples, and Resources for Improving Health Messages and Materials (NCI)
- ☐ ETDRS: A Nationwide Research Project for People in the Early Stages of Diabetic Eye Disease (NEI)
- ☐ Behavioral and Psychosocial Issues in Diabetes: Proceedings of the National Conference
- ☐ Research Advances 1981: Diabetes Mellitus, Trans-NIH Research (NIADDK)
- ☐ Diabetes and Your Eyes (NEI)

**NDIC RESOURCE DIRECTORY**
- ☐ State and Federal Assistance: Resource Directory for People with Diabetes

**PENNSYLVANIA DIABETES TASK FORCE REPORT**
- ☐ A Report of Public Input Meetings on Diabetes in Pennsylvania

Send to address below:

Name, Title

Organization

Street

City, State, Zip

Area Code Phone

☐ Please put me on the mailing list

(continued from page 2)
benefit by the buying contractor. Since most group coverage is negotiated through collective bargaining, employee representatives must urge for coverage of diabetes education in order for individuals to receive this benefit.

Because this legislation is so recent, its impact throughout California cannot yet be assessed. One source of concern for physicians and educators is the lack of an insurance code for obtaining reimbursement for outpatient diabetes education. Spokesmen for Blue Shield of California and the California Medical Association have both indicated that they know of no immediate plans to include an education code in the roster. Physician codes (for "extended office visit," for example) still must be used.

Despite these problems and restrictions, California Senate Bill No. 1187 stands as the only piece of legislation in the country addressing reimbursement of outpatient diabetes education. Its language confirms as a matter of public record the message that physicians and diabetes educators have been striving so long to convey to third-party payers: that "self-management instruction enabling diabetic patients and their families to gain an understanding of the diabetic disease process (will) avoid frequent hospitalization and complications."

# Toll-Free Access Information

The National Center for a Barrier-Free Environment is a private, non-profit organization founded in 1974 to provide technical advice and information about how to make home, work, and outdoor environments accessible to the disabled and elderly.

The Center has recently established a toll-free Access Information Number: (800) 424-2809. This free service enables individuals to discuss their problems and needs directly with the design and information professionals.

For further information, call the toll-free number or write the National Center for a Barrier-Free Environment, 1140 Connecticut Ave., N.W., Suite 1006, Washington, DC 20036.

# Journal Articles and Reviews

Psychosocial Aspects of Diabetes

The following four articles provide comprehensive reviews of diabetes psychosocial and behavioral research.

- "Juvenile Diabetes: Current Trends in Psychosocial Research," by S.M. Kosub, ACSW and M.C. Cerreto, Ph.D., Social Work in Health Care, Vol. 6, No. 4, pp. 91-101 (Summer 1981).
- "Psychiatric Aspects of Diabetes Mellitus," by D.G. Wilkinson, British Journal of Psychiatry, Vol. 138, pp. 1-9 (1981).
- "Psychosocial Factors in Juvenile Diabetes: A Review," by S.B. Johnson, Journal of Behavioral Medicine, Vol. 3, No. 1, pp. 95-116 (1980).
- "Psychological Aspects of Diabetes Mellitus: A Critical Review," by S.T. Hauser and D. Pollets, Diabetes Care, Vol. 2, No. 2, pp. 227-232 (March-April 1979).

Current Diabetes Research

A summary and discussion of the most recent advances in diabetes research are offered by the Acting Director, NIADDK.

- "Diabetes Mellitus: A Disease That is Coming Into Focus," by L. Salans, M.D., Journal of the American Medical Association, Vol. 257, No. 5, pp. 590-594 (Feb. 5, 1982).

# Education Classes

The Diabetes Education Center, a component of the St. Louis Park Medical Center Research Foundation, Minneapolis, Minnesota, sponsors a regular schedule of education classes throughout the year for health care professionals and for persons with diabetes and their families. The classes for professionals are approved for continuing education contact hours. Programs are five days long and a tuition fee is charged. For further information, contact Helen R. Bowlin, R.N., Health Professional Coordinator, Diabetes Education Center, 4959 Excelsior Boulevard, Minneapolis, Minnesota 55416. Phone : (612) 927-3393.

# Notes to Our Readers

The National Diabetes Information Clearinghouse is continuing its efforts to identify effective patient education materials. Please send us information about materials which are well written, scientifically accurate, easily understandable by the target audience, and which you would recommend to your colleagues.

* * *

In the next few weeks, the Clearinghouse will be sending questionnaires to a random sampling of persons on the mailing list. The purpose of the survey is to evaluate several annotated bibliographies published by NDIC. Completion of the questionnaire is completely voluntary, but we hope you will assist us in this project. None of the questions are of a personal nature, all respondents will be anonymous, and all data will be destroyed when the evaluation is completed.

If you receive one of these evaluation packets, we would greatly appreciate your prompt cooperation so that the Clearinghouse can use its resources more efficiently to meet your needs.

* * *

The Office of Management and Budget (OMB) has imposed a printing moratorium on the National Institutes of Health (NIH). Because of this restriction, the Clearinghouse has only very limited supplies of most bibliographies and of diabetes-related NIH materials. Thus, we cannot respond to requests for large numbers of materials except in special circumstances. Please remember, however, that all Government materials are in the public domain and are not under copyright. They can be duplicated in any quantity needed. If you cannot duplicate the materials yourself and do require multiple copies, please contact the Clearinghouse to explain about your needs, your program, the audience which will receive the materials, how they will be disseminated, and the goals you wish to accomplish.

Due to space limitations, Diabetes Dateline has had to institute a policy limiting Calendar entries to events of national or international interest.

# Calendar

**May 7-9** — AMERICAN SOCIETY FOR CLINICAL NUTRITION
22nd Annual Meeting
Sheraton Hotel
Washington, DC
Contact:
G.M. Knight
ASCN
9650 Rockville Pike
Bethesda, MD 20014
(301) 530-7110

**June 1-6** — JUVENILE DIABETES FOUNDATION INTERNATIONAL
12th Annual Meeting
Fairmont Hotel
Dallas, TX
Contact:
Jill Leonard
JDF Executive Office
23 East 26th Street
New York, NY 10010
(212) 889-7575

**June 10-15** — AMERICAN DIABETES ASSOCIATION
42nd Annual Meeting and Scientific Session
San Francisco Hilton
San Francisco, CA
Contact:
Andrea Simon, Meeting and Travel Manager
ADA National Headquarters
2 Park Avenue
New York, NY 10016
(212) 683-7444

**June 16-18** — ENDOCRINE SOCIETY
64th Annual Meeting
San Francisco Hilton
San Francisco, CA
Contact:
Ann Amrhein
Williams and Wilkins
428 East Preston Street
Baltimore, MD 21202
(301) 528-4259 or 528-4253

**Sept. 19-20** — AMERICAN ASSOCIATION OF DIABETES EDUCATORS
9th Annual Meeting and Educational Workshop
Hyatt Regency Hotel
San Antonio, TX
Contact:
AADE
North Woodbury Road, Box 56
Pitman, NJ 08071
(609) 589-4831

**Sept. 20-21** — PATIENT EDUCATION IN THE PRIMARY CARE SETTING
5th National Conference:
"Patient Education in the Medical Marketplace"
Hilton Plaza
Kansas City, MO
Contact:
John Renner, M.D. or
Bruce Currie, Ph.D.
St. Mary's Hospital
2900 Baltimore Avenue
Kansas City, MO 64108
(800) 821-6671

# News Briefs

## National Consumer Awareness Week

April 25 to May 1 has been declared National Consumer Awareness Week by the President. This year's theme is "Prevention and Health Promotion for the Consumer through Physical Fitness." The U.S. Department of Consumer Affairs is coordinating the national effort.

The Department has asked the American Diabetes Association, the American Heart Association, and the American Red Cross to lend particular support because of their special advocacy of exercise and physical fitness. Federal, state, and local government agencies with consumer affairs interests, business, unions, and other groups from the private sector will also participate.

For information on the programs planned for National Consumer Awareness Week in your area, contact the local affiliates of the ADA, AHA, or Red Cross, or write the U.S. Department of Consumer Affairs, 1009 Premier Building, Washington, DC 20201.

## Voice Indexing of Tape Recordings

For blind persons who rely on tapes, a Maryland volunteer, James G. Chandler, has devised a method of voice-indexing titles, section headings, or key words within the recorded text. This technique, called V-Dex by its inventor, requires 4-track recording and playback equipment which must both function audibly on fast forward. The index terms are recorded at this speed on the track parallel to the text track. To use the index, the track carrying the terms is played at fast forward until the correct index word is heard. The tape is then stopped and switched to the track carrying the recorded text.

The many applications of this voice-indexing technique and full instructions for its use are described by Mr. Chandler in an article in the Journal of Visual Impairment, pp. 191-192 (May 1979), published by the American Foundation for the Blind. Further information may be obtained by writing or telephoning James G. Chandler, 9116 St. Andrews Place, College Park, MD 20740, (301) 935-5772.

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DHHS/PHS/NIH/National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases

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# Diabetes Dateline

The National Diabetes Information Clearinghouse Bulletin


NEWARK PUBLIC LIBRARY

VOL. 3, No. 4

SEP 23 1982

JULY/AUGUST 1982

## National Diabetes Data Group Begins Announcing Newly Analyzed Statistics

Do you know that two of the strongest risk factors for heart disease are cigarette smoking and hypertension? Do you know that despite this, more than 25 percent of the people with diabetes smoke cigarettes, and almost 45 percent have hypertension? These rates are much higher among people with diabetes than among people without diabetes. The higher rates probably account for increased death due to heart disease among people with diabetes as well: 60 percent vs. 30 percent for the general population.

These statistics are the first to be published in what will be a continuing series of announcements as the National Diabetes Data Group (NDDG) completes segments of its work to publish an updated statistical reference book on diabetes. The NDDG is conducting secondary analyses of data from the ongoing National Health Interview Survey so that the nation, especially the diabetes community, will have access to current and reliable data about diabetes and its effect both on individuals and the country as a whole. "We do not want to look at data for data's sake just using statistical 'p values' and 'chi squares," said Maureen Harris, Director of the Data Group. "Our interest is in developing data that is needed and that is useful to the public."

### Dr. Harris Invites Inquiries

In line with the philosophy of usefulness, Dr. Harris said that the Data Group is inviting people in the diabetes community to suggest topics that they would like to see included in the new statistical reference book. "For example," said Dr. Harris, "would people like to know what the risks are for developing diabetes? Or if they have diabetes, do they want to know what the chances are of their children developing the disease? Or would they like to know statistics about the impact of obesity on diabetes? They need only to write in and tell us what they'd like to know and we'll take a look at analyzing the available data on that particular topic."

### The NDDG Serves Multiple Needs

The NDDG, working under the National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases, includes epidemiologists, medical specialists, data systems experts and representatives of several Federal and private agencies. Due to the increased prevalence of diabetes and the national concern about the social and economic costs of the disease, the group has a mandate to define diabetes data needs, to foster the collection and analysis of diabetes data, and to make such information available to people in the medical, scientific, and public health community and to the general public.

### Publication Date Allows Time for Written Requests

The NDDG's updated statistical reference book will replace Diabetes Data: Compiled 1977. Although publication of the new volume is not expected until 1983, the Data Group will announce new statistical data in Diabetes Dateline as it becomes available. Dr. Harris expects some new data to be ready in time for publication in the September/October issue of Dateline.

Those people wishing to suggest topics to include in the new book should write directly to: Dr. Maureen Harris, National Diabetes Data Group, National Institutes of Health, Westwood Building, Room 622, Bethesda, MD 20205.

DEPARTMENT OF HEALTH AND HUMAN SERVICES ■ Public Health Service ■ National Institutes of Health

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12th Annual Conference

## JDF Announces $4.9 Million for 1983 Research

The Juvenile Diabetes Foundation International (JDF) announced at its 12th Annual Conference that it will be awarding a record $4.9 million to diabetes research in fiscal year 1983. This represents $1 million more than last year and brings JDF's 12-year commitment to diabetes research to a total of $18 million.

Karen Schneider, JDF's communications manager, attributed the large increase to more effective fund raising activities and support among local JDF chapters. "The chapters seem to be getting the word out to the public more than before and the response has been excellent," said Schneider.

Although the JDF medical and lay review committees selected the individuals for the awards in a closed-door session at the annual conference, the national organization will not announce its final decisions until late August thus giving all the recipients a chance to accept their awards formally.

In addition to post doctoral fellowships and research grants, the 1983 funds will support the National Diabetes Research Interchange and JDF's annual career development awards.

About 500 volunteer delegates and researchers from 158 chapters in 39 states and 16 countries attended the conference June 3-6 in Dallas, Texas. In addition to the funding decisions, the annual conference serves as a forum for local JDF participants to attend workshops and seminars on improving and expanding their grass roots activities.

Additionally the JDF uses the conference to recognize people who have made outstanding contributions to diabetes research. This year, Donald F. Steiner, M.D., professor of biochemistry at the University of Chicago, received the David Rumbough Memorial Award for his work in insulin synthesis.

Dr. Andrew G. Cudworth, a consultant physician at St. Bartholomew's Hospital in London, also received a Rumbough award for his research involving susceptability in autoimmune endocrine disease. Laurel A. Fisher, Ph.D., a research fellow at the Salk Institute in LaJolla, California, received the Charles H. Best Award for her research with neuropeptides and glucoregulators.

Arthur H. Rubenstein, M.D., chairman of the National Diabetes Advisory Board and former chairman of the JDF Medical Science Advisory Board, received the Public Service Award for his efforts in furthering Federal support of diabetes research.

42nd Annual Meeting

## ADA Announces New Officers

Irving L. Spratt, M.D., F.A.C.P., was elected the new president of the American Diabetes Association at the organization's 42nd Annual Meeting in mid-June. Dr. Spratt is founder and head of a comprehensive diabetes care medical clinic bearing his own name in San Bernardino, California.

Allan L. Drash, director of the Division of Pediatric Endocrinology, Metabolism, and Diabetes Mellitus at Children's Hospial in Pittsburgh, was voted ADA's president-elect.

Karl E. Suseman, M.D., professor of Medicine at the University of Colorado Medical Center, was elected vice president. Netti Richter and Florence Ruhland were reelected as secretary and vice president-health professional respectively.

About 2000 U.S. medical researchers and volunteer leaders of the ADA attended the national voluntary health agency's meeting and scientific sessions in San Francisco. The more than 250 research reports presented included announcement of a new technique for diagnosing diabetes during pregnancy that is shorter, less expensive, and more reliable than the traditional method.

Reports on a series of research studies on the body's defense mechanisms against disease led some presenters to predict that manipulating the body's immune system may lead to future prevention of diabetes at its onset.

The ADA also used the meeting to honor ten outstanding contributors to diabetes control and prevention. The Banting Medal for Scientific Achievement was presented to Jesse Roth, M.D., who is chief of the Diabetes Branch of the National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases.

Myrtis A. McSweeney, R.N., coordinator of the Diabetes Education Center at Waltham Hospital in Massachusetts, received the Ames Award for outstanding educational accomplishments by a non-physician in the field of diabetes.

Michael P. Czech, Ph.D., professor and chairman of the Department of Biochemistry at the University of Massachusetts Medical Center, received the Eli Lilly Award for his advances in describing insulin receptor cells.

George P. Heffner, M.D., clinical associate professor of medicine at the University of Miami School of Medicine, received the Pfizer Award for Outstanding Physician.

Ann M. Lawrence, M.D., Ph.D., received the Upjohn Award for Outstanding Physician Educator for her many diabetes related education accomplishments.

# News Briefs

## National Newsletter for Patients Debuts

Good Control, a new national newsletter for people who have diabetes and their families, offers easy-to-read information about ongoing research and current treatments for diabetes. It also includes daily health care tips, such as articles on urine testing, and maintaining proper glucose levels.

Stephanie Ryder, former program director of the Arizona Diabetes Association, publishes Good Control on a monthly basis. Health professionals who would like to review this new publication for possible recommendation to their patients should write directly to the publisher for a sample copy and subscription rates. Write: Good Control, Box 2112, Scottsdale, AZ 85252-2112.

## NDIC Searching For Evaluated Patient Education Materials

The National Diabetes Information Clearinghouse has traditionally announced either in its newsletter or bibliographies newly available patient education materials. In addition to the usual review by NDIC staff for appropriateness for the NDIC data base, all submitted materials must now meet the criteria of having been reviewed and endorsed by a recognized committee, group, or agency that has knowledge of or experience with developing or evaluating patient education materials.

Examples of such groups or committees includes the patient education committee of a local hospital or educational specialists of the local ADA affiliate.

This new NDIC policy serves to emphasize the importance of having all materials that will be used for patient education evaluated prior to widespread use. It also helps to assure users of the Clearinghouse that the patient education materials they see announced in NDIC publications have met specific developmental guidelines of a recognized group.

The NDIC offers assistance to health professionals who are developing and/or evaluating patient education materials. Anyone wanting guidance with either the variables to consider when developing materials for patients or with setting standard criteria for evaluating such materials should write directly to the NDIC for its materials evaluation form or for technical assistance.

## Researchers Come Close to Pancreas Transplants

Dr. Paul Lacy, head of the Pathology Department at Washington University in St. Louis, reported that he is advancing his work with the successful transplant of pancreatic cells (islets) from a healthy donor to a diabetic in studies with rats and mice by testing the transplant in monkeys, an animal whose pancreas is nearly identical to that of humans.

After five years of research, Lacy and his colleagues have overcome the last barrier to separating the islet of Langerhans cells for transplant by using Velcro, a fabric adhesive commonly used as a substitute for zippers and buttons. With this breakthrough, Lacy expects to be successful with the transplants in monkeys, and he then hopes to attempt transplanting healthy islets from a human cadaver into a person with diabetes.

## Foundation Offers New Talking Kit for Visually Impaired Persons

A Maryland foundation has developed a hand-held device that uses a one-button control to record and play back records, recipes, instructions, messages, etc., via small cards that are labeled with an adhesive-backed magnetic recording tape. The cards are hand inserted into the device and may be erased and revised. The cost of $52.50 includes the talking unit, a roll of tape, 50 pretaped cards ready for recording, and handling charges. For more information, write for the Voxcom Kit, The Gladys E. Loeb Fondation, 2002 Forest Hill Drive, Silver Spring, MD 20903 (301) 434-7748.

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# Calendar

Sept. 15 — SYMPOSIUM ON ISLET TRANSPLANTATION AND INSULIN DELIVERY SYSTEMS

Contact:
Office of Continuing Medical Education
Washington University School of Medicine
Diabetes Research and Training Center
Box 8063
660 South Euclid Avenue
St. Louis, MO 63110
(314) 367-9673 or (314) 454-3853

Sept. 19-20 — AMERICAN ASSOCIATION OF DIABETES EDUCATORS
9th Annual Meeting and Educational Workshop
Hyatt Regency Hotel
San Antonio, TX

Contact:
AADE
North Woodbury Road, Box 56
Pitman, NJ 08071
(609) 589-4853

Sept. 20-21 — PATIENT EDUCATION IN THE PRIMARY CARE SETTING
5th National Conference
"Patient Education in the Medical Marketplace"
Hilton Plaza
Kansas City, MO

Contact:
John Renner, M.D. or
Bruce Currie, Ph.D.
St. Mary's Hospital
2900 Baltimore Avenue
Kansas City, MO 64108
(800) 621-6671

Sept. 22-24 — NURSING MANAGEMENT OF DIABETES: THEORY AND PRACTICE
Diabetes Research and Training Center
Educational Program
Holiday Inn
Chicago City Centre, IL

Contact:
Dennis Baker
School of Health Sciences
Educational Development Unit
Michael Reese Hospital and Medical Center
29th and Ellis Avenue
Chicago, IL 60616
(312) 791-5530

Oct. 15-16 — NATIONAL KIDNEY FOUNDATION, INC. IN CONJUNCTION WITH THE AMERICAN DIABETES ASSOCIATION
Diabetes Mellitus and Renal Failure Symposium
Stouffer's National Center Hotel
Arlington, VA

Contact:
National Kidney Foundation, Inc.
2 Park Avenue
New York, NY 10016

Oct. 18-22 — AMERICAN DIETETIC ASSOCIATION
69th Annual Meeting
San Antonio Hyatt & Marriott Hotels
San Antonio, TX

Contact:
American Dietetic Association
430 N. Michigan Avenue
Chicago, IL 60611
(312) 280-5000

Nov. 10-17 — 11th CONGRESS OF THE INTERNATIONAL DIABETES FEDERATION
Nairobi, Kenya

Contact in the United States:
Dr. Leo P. Krall
Joslin Diabetes Foundation
One Joslin Place
Boston, MA 02215

Inquiries:
11th Congress Secretariat
P.O. Box 52701
Nairobi, Kenya

Nov. 16-18 — AMERICAN PUBLIC HEALTH ASSOCIATION
108th Annual Meeting
Place Bonaventure Exhibit Hall
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Contact:
Sam Lomauro, Convention Manager
American Public Health Assn.
2015 15th Street, N.W.
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- ☐ Spanish Language Materials for People with Diabetes
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**NIH PUBLICATIONS**

- ☐ Behavorial & Psychosocial Issues in Diabetes: Proceedings of the National Conference.
- ☐ Diabetes and Your Eyes (NEI)
- ☐ Diabetes in the 1980's: Challenges for the Future ( Fourth Annual Report of the National Diabetes Advisory Board) 1982
- ☐ ETDRS: A Nationwide Research Project for People in the Early Stages of Diabetic Eye Disease (NEI)
- ☐ Pretesting in Health Communications: Methods, Examples, and Resources for Improving Health Messages and Materials (NCI)
- ☐ Report of the National Conference on Diabetes: Current Status and Future Directions (Reston, VA Oct. 9-12, 1979)
- ☐ Research Advances 1981: Diabetes Mellitus; Trans-NIH Research (NIADDK)
- ☐ The Treatment and Control of Diabetes: A National Plan to Reduce Mortality and Morbidity (A Report of the National Diabetes Advisory Board) 1980

**NDIC RESOURCE DIRECTORY**

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**PENNSYLVANIA DIABETES TASK FORCE REPORT**

- ☐ A Report of Public Input Meetings on Diabetes in Pennsylvania

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# Journal Articles and Reviews

Patient Education

Marjorie A. Speers and Dennis C. Turk, both of Yale University, address the complexities of adhering to the diabetic treatment regimen and describe a problem-solving approach that health professionals can use when counseling patients.

"Diabetes Self-care: Knowledge, Beliefs, Motivation, and Action," Patient Counselling and Health Education, Vol. 3, No. 4, pp. 144-149 (@ 1982)

Diabetic Retinopathy

An article by Elliot J. Sussman, M.D., et al., and an editorial by Jay S. Skyler, M.D., in the June issue of JAMA draw attention to the importance of correctly diagnosing diabetic retinopathy. The authors discuss the results of a study showing a high error rate among physicians and the need for experience and specialized knowledge to lessen the error rate.

"Diagnosis of Diabetic Eye Disease," JAMA, Vol 247, No. 23, pp. 3231-3234; 3246-3247 (June 18, 1982)

Insulin Use

A symposium designed to explore the optimal use of insulin as a pharmacologic agent is published in a supplemental edition of Diabetes Care. Edited by Charles M. Peterson of Rockefeller University, the articles include coverage of localized skin reactions to insulin, a comparison of insulin regimens, and portable infusion devices.

"Symposium on Optimal Insulin Delivery," Diabetes Care, Volume 5/Supplement 1, pp. 1-103, (May/June 1982)

Diabetic Pregnancy

Dr. William Oh, chief pediatrician at Women and Infants Hospital of Providence, Rhode Island, discusses the onset and suggested treatments of some of the common disorders found among newborns of diabetic mothers.

"Heading Off Problems in the Diabetic's Baby," Contemporary OB/GYN, Vol. 19, pp. 91-96 (June 1982)

Also from Women and Infants Hospital, Dr. John A. Widness et al. report on a clinical history and diagnostic evaluation of a male infant born with permanent insulin-dependent diabetes.

"Permanent Neonatal Diabetes in an Infant of an Insulin-Dependent Mother," The Journal of Pediatrics, pp. 926-929 (June 1982)

# New Materials

Coping with Sight Loss: The Vision Book. F.A. Weisse and M. Winer. Newton, MA: Vision Foundation, Inc., 1980. 219 pp. $10.00. Cassette edition, $10.00. Available from: Vision Foundation, Inc., 770 Centre St., Newton, MA 02158. Phone: (617) 965-5877. Prepaid orders only; add $1 postage for the large print edition.

This compendium of goods, services, and resources for people who are blind or visually impaired contains two major sections. The first is national in scope; the second is for Massachusetts residents. Both sections contain detailed information on resource organizations and agencies, including toll-free numbers for many of the national groups; references for aids and devices to help with such daily activities and hobbies as reading, writing, sewing, cooking, travel, and games; also gives advice in practical areas, such as tax benefits, legal rights, insurance, job opportunities, low-vision services, and how to care for tape and cassette recorders. The print edition has large, boldface type; also available on voice-indexed cassette.

Diabetic Coma: Ketoacidotic and Hyperosmolar. D.S. Schade, R.P. Eaton, K.G.M.M. Alberti, and D.G. Johnston. Albuquerque: University of New Mexico Press, 1981. 250 pp. $29.95. Available from: The University of New Mexico Press, Albuquerque, NM 87131 Phone: (505) 277-2346.

By offering a summary of current therapies for diabetic coma plus discussions of the advantages and disadvantages of various treatments, this text serves two audiences: the diabetologists and endocrinologists who need a ready shelf reference and the physicians, nurses, and medical personnel who diagnose and treat emergency coma situations. Divided into three sections, the text covers the pathogenesis of diabetic coma, clinical treatment, and emergency proce-

(Continued on page 6)

# New Materials

(Continued from page 5)

dures. The latter is reproduced in outline form on the inside cover for quick access. Reference lists, usually of original sources, follow each chapter.

**Diabetes and Patient Education: A Daily Nursing Challenge.** R. Van Son, ed. New York: Appleton-Century-Crofts, 1982. 210 pp. $13.50. Available from: Appleton-Century-Crofts, 292 Madison Avenue, New York, NY 10017. Phone: (212) 532-1700.

This handbook for health professionals who offer diabetes care provides information and guidance for customizing an education program to the needs of particular patients. Articles contributed by 11 nurse educators cover generic program content, such as the physiology, pathophysiology, and treatment of diabetes. Specific chapters also present learning objectives, instructional content, and possible teaching approaches for individualizing patient education for people in four specific age groups: infancy through adolescence; the young adult; the middle-aged; and the elderly. The authors also address consideration of the cultural, economic, and educational characteristics of some patients, plus how to deal with people who suffer with the chronic complications of diabetes. The guide includes an index and references at the end of each article.

**Diabetes: Controlling It the Easy Way.** S. Mirsky, M.D., and J.R. Heilman. New York: Random House, 1981. 244 pp. $13.50. Available from: Random House, 201 E. 50th St., New York, NY 10022. Phone: (212) 572-2026.

As a guide to self-care for people with diabetes, this book features a dietary program high in complex carbohydrates. The authors present the information by giving conversational answers to such questions as "What is Diabetes?" "How is it discovered?" and "What causes acidosis?" They discuss the important elements of diet and exercise for the person with diabetes, plus such relevant issues as the use of oral agents, home blood glucose testing, rules for sick days, foot care, pregnancy, and complications of the disease. The last chapter suggests possible future developments in diabetes research.

**Glucagon: Physiology, Pathophysiology, and Morphology of the Pancreatic A-Cells.** R.H. Unger, M.D., and L. Orci, M.D., eds. New York: Elsevier, 1981. 452 pp. $49.95. Available from: Elsevier North Holland, Inc., 52 Vanderbilt Avenue, New York, NY 10017. Phone: (212) 867-9040.

Thirty-two experts offer a detailed look at the structure and function of glucagon and the pancreatic A-cells. The text reviews current clinical and basic knowledge about this hormone in light of the methodologic advances since the mid-1970s. Written for the endocrinologists, clinicians, and students, physiologists, and molecular biologists, this reference covers morphology of the A-cell; biosynthesis and molecular forms of glucagon and glucagon-like immunoreactivity; control of glucagon secretion; physiology; extrapancreatic glucagon; and A-cell disorders.

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Diabetes Dateline

The National Diabetes Information Clearinghouse Bulletin

VOL. 3, No. 5 September/October 1982

# PLAN TO CELEBRATE NATIONAL DIABETES MONTH WITH BOTH THE ADA AND THE JDF

National Diabetes Month this year once again spans two months: it is October for the Juvenile Diabetes Foundation International (JDF) and it is November for the American Diabetes Association (ADA).

Although diabetes, as the third greatest health problem in this country, merits attention year 'round, it traditionally receives particular attention at this time of year. The respective contributions of the ADA and the JDF, and of other health organizations who join in their National Diabetes Month efforts, reflect a unified commitment and dedication.

## Both Groups Use Media Kits

The planned activities of the two major groups for National Diabetes Month show similarities in their approaches. Both organizations have produced a media kit that they are distributing to their local chapters or affiliates as a kickoff activity for the national campaign. Both kits include fact sheets, publicity calendars, public service announcements, feature materials for use in newspapers and magazines, and other resources and suggestions for stimulating public interest in diabetes locally. Both kits are designed for use throughout the year as well as during National Diabetes Month.

Both organizations also rely on the help of well known personalities to draw attention to the research and education needs of the diabetes community. The JDF has produced public service announcements with the help of Dina Merrill, Christopher Reeves, and Wayne Rogers. The ADA has developed a similar idea in a campaign called, "Can You Recognize a Diabetic?" with the help of well-known personalities, Jackie Robinson, Thomas Edison, and Jack Benny.

## JDF Plans Halloween Canister Drive

The national office of the JDF has also helped people in the local chapters to organize common activities, such as a nationwide canister drive for Halloween to raise money for research. The slogan for the drive is "Treat A Kid Who Can't Have a Treat." The national office is providing local groups with canisters for the drive.

Some of JDF's chapter events include: a Ham Richardson Tennis Tournament in New Orleans October 2; a walkathon in Boston October 3; a golf tournament in Houston October 8; a skatethon in Bakersfield, California, October 17; and a charity craft show with artists from West Michigan October 29 and 30. Each of these events will highlight the JDF slogan for its celebration of this year's Diabetes Month: "Let's Beat Diabetes For Good."

## ADA Selects New Slogan

The ADA has adopted a new slogan that it will use as a kick-off theme for Diabetes Month as well as throughout the year as part of its new public awareness campaign: "Help Us Give All Diabetics Hope for Tomorrow. And Help for Today. Call us."

Local affiliates of the ADA will use this theme for their efforts involving local cable and educational television and radio stations, newspapers, and for local activities organized with help from the national office's professional and volunteer committees.

The ADA is tying its month media campaign to its national sports program headed by Bill Gullickson, a pitcher for the Montreal Expos. It is expected that the publicity gained through public and patient awareness efforts throughout the month of November will gain momentum



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when the ADA announces another major professional and public education campaign that is still on the drawing board for later in the year.

People who want to participate in the celebration of National Diabetes Month but who do not belong to either organization may want to contact local affiliates or chapters of the ADA or the JDF to offer assistance with planning new events or with carrying out events that are already scheduled.

## THE DISTRICT OF COLUMBIA ORGANIZES A DIABETES TASK FORCE

A group of people in the District of Columbia have formed the D.C. Diabetes Task Force. As the first in a series of grass roots activities to increase local interest in diabetes control, they held a "Diabetes Forum" August 12.

B. Hooks Martin, the community coordinator for the Washington Chapter of the American Diabetes Association, organized the 18-member task force. She also marshalled the support of several local resources, including the D.C. Commissioner of Public Health, the mayor's office, the chief of the local library system, a number of community physicians, representatives of pharmaceutical firms, and other local companies to host the event.

"This is the beginning of our planning of diabetes activities for the next year," said Ms. Hooks Martin. "I hope we'll be able to bring a lot of interested people together so we can offer regular programs about diabetes with information that people can use every day."

The idea of using a task force to foster local interest among people who can affect the status of diabetes care at the community level is growing. The District of Columbia is the third such effort that has come to the attention of the NDIC. It joins Pennsylvania and Texas. We will report on these task forces and other similar activities as we receive news of their local impact.

## ASPARTAME NOW AVAILABLE IN TABLETOP PACKETS AS "EQUAL"

Aspartame, the new low-calorie sweetener approved by the Food and Drug Administration in July 1981, is now available in tabletop packets and tablet form for consumers in certain regions of the country. The sweetener is marketed under the name Equal. It is made from two amino acids found naturally in many foods and is digested the same as protein.

The manufacturer, Searle Food Resources, Inc., has also marketed aspartame to a number of food companies that are using it in such products as cereals and powdered beverage mixes. For labeling on these products, people with diabetes should look for the tradename, NutraSweet.

Endorsed by the American Diabetes Association, the organization's president, Irving L. Spratt, told a New York Daily News reporter that the sugar substitute "will be a convenience to diabetics." The product can be used the same as sugar except in recipes that call for a sweetener before cooking. Aspartame can lose its sweetness when heated.

Each packet of Equal sweetens the same as two teaspoons of sugar but contains 1/8 the calories of sugar. The tablet form of Equal sweetens the same as one teaspoon of sugar.

Searle representative Gordon Wangersheim said that the company has prepared a brochure for marketing Equal and other products containing NutraSweet to people with diabetes. The firm will be mailing copies of the brochure to the local affiliates of the American Diabetes Association in October. Others may obtain a copy at that time, or additional materials on NutraSweet or Equal, by writing: Searle Foods Resources, Inc., P.O. Box 1111, Skokie, IL 60077.

## AMES RECALLS GLUCOMETERS

The Ames Division of Miles Laboratories, Inc., has recalled about 4,000 glucometers in a certain number series because the devices sometimes give erroneous results in quality assurance checks.

People with an Ames Model No. 5580 Glucometer Reflectance Photometer, within the series numbered 55001 through 66999 only, should call Ames' customer service to request a replacement. Ames will mail the new glucometer within 24 to 48 hours of the request with a full-year warranty card that the owner must fill out and return to the company for full coverage.

Until the replacement arrives, people with glucometers in the affected series should visually compare the blood glucose test strips to the label color chart on the package for test results. An Ames representative said that owners with glucometers in the recall series can call the Ames company collect. The number is: 219-264-8901.

## NEWS BRIEFS

### Lions Clubs Reach Out to Diabetes Network

The International Association of Lions' Clubs has selected diabetes as one of its "areas of interest." Professionals and lay people working in community diabetes programs or clinics may want to contact the local Lions Club to determine what kind of assistance the members would be willing to give in the effort to control diabetes locally. National Diabetes Month may offer a well-timed opportunity to initiate a cooperative project.

### Data Analysis Shows Geographic Variations in Diabetes Mortality

Researchers from the National Cancer Institute and the National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases have analyzed deaths from 59 diseases in the U.S. For diabetes, during 1968-1971, they found major geographic variations in diabetes mortality by race and sex. A broad band of high rates for white females occurred across New Jersey, Pennsylvania, Ohio, Michigan and Wisconsin; white females also showed high rates in the Rio Grande valley in Texas and the Mississippi River delta in Louisiana. The pattern for white males was similar except that the northern band was not as well defined. For nonwhite males and females, no consistent pattern was seen. Thus, apparently there are significant environmental factors influencing mortality from diabetes. Although mortality statistics for diabetes can be strongly influenced by the way death certificates are filled out by physicians, these data may imply that diabetes is a more important contributor to death in certain regions of the U.S.

### Prototype Health Info Center Opens for Maryland Physicians

Blue Cross and Blue Shield and the medical faculty at the University of Maryland have opened a prototype state health resource center for physicians. The "Center for Health Education" is designed to provide health information and materials and to encourage physicians to take a leadership role in health education and health promotion. The center emphasizes education about lifestyle and habits: "...what people do or do not do, to and for their health, can contribute greatly to illness and death," states the Center's published announcement. For more information on this prototype center or on how it was formed, call (301) 837-2705/6, or write Center for Health Education, Inc., Coggins Building, 1204 Maryland Avenue, Baltimore, Maryland 21201.

### Computer Aids Eye Examination

A scientist at Washington University School of Medicine in St. Louis has developed a computer system that graphically shows a person's field of vision so an opthalmologist can more accurately diagnose sight defects. Dr. William M. Hart, Jr. worked with the University Resource for Biomedical Computing to develop this research tool that shows visual disorders affecting the retina, optic nerve, and visual pathways to the brain.

The system has already been tested with more than 400 people and the developers are working to improve its speed and specificity. "The system promises to be a fundamental advance in the technique of visual field examinations," said Dr. Hart, "allowing a more detailed study of specific forms of visual field defects with which we can improve our understanding of the pathophysiological events that lead to disease."

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## Calendar

Nov. 5 — 10TH ANNUAL SYMPOSIUM ON CURRENT TOPICS IN DIABETES FOR THE PRACTICING PHYSICIAN
Kilo Diabetes and Vascular Research Foundation and the Washington University Diabetes Research and Training Center
St. Louis, MO

Contact:
Shari Hoetle, R.N.
Kilo Research Foundation
777 S. New Ballas Rd.
St. Louis, MO 63141
(314) 567-5522

Nov. 10-17 — 11TH CONGRESS OF THE INTERNATIONAL DIABETES FEDERATION
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Montreal, Quebec, Canada

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Washington, D.C. 20005
(202) 789-5670

Nov. 30 — NATIONAL DIABETES RESEARCH INTERCHANGE
The Utilization of Human Tissue: A New Resource for Diabetes Research
Capitol Hill Hyatt Regency
Washington, DC

Contact:
Lois Torgerson,
Associate Director
National Diabetes Research Interchange
(212) 222-6374

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### *News Briefs Continued*

(continued from page 3)

Ames offers a new product, Visidex blood sugar test strips, a reagent for visual reading only; it needs no instrument. With a drop of blood and 1 1/2 minutes, the new strip turns from pale green to dark orange depending on the amount of sugar in the blood (range 20-800 mg.).

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Congress is still debating the possible division of the National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases. Two bills were introduced in the course of the year that would make a separate institute for arthritis.

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An immunization advisory committee at the Centers for Disease Control recently issued a report that recommends a yearly flu vaccination for people who "have certain conditions that put them at greater risk of serious illness or death due to viral infections." The report concluded that people with diabetes mellitus should be among those who take the flu vaccine.

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Novo has begun marketing biosynthetic human insulin in England and Ireland. Both Lilly and Novo expect to introduce human insulin in the U.S. in late 1982 or early 1983.

## Journal Articles and Reviews

Diabetic Pregnancy

Judith M. Steel et al. of the Diabetic Department and the Department of Clinical Chemistry of the Royal Infirmary, Edinburgh, discuss the value of good diabetic control at conception and through the first trimester via their findings in the first five years of operating a prepregnancy clinic.

> "Five Years Experience of a 'Prepregnancy' Clinic," British Medical Journal, Vol. 285, p 353-356 (July 31, 1982).

Katherine C. King et al. at the Department of Pediatrics of Cleveland Metropolitan General Hospital report on their evaluation of glucose homeostatis in infants of normal and diabetic mothers. They conclude that rigid regulation of maternal diabetes normalizes glucose production rate in the babies of insulin-dependent mothers.

> "Regulation of Glucose Production in Newborn Infants of Diabetic Mothers," Pediatric Research, Vol. 16, pp. 608-612 (1982).

Diabetes Indicators

Joseph B. Herman and Uri Goldbourt of Hadassah University Hospital in Israel report that in a prospective study of 10,000 men aged 40 years or more who were also subjects of a heart disease study, they found that the uric acid levels were higher in men in whom diabetes developed during the course of the study than in non-diabetics or in known or newly diagnosed people with diabetes. The report describes the fluctuations in uric acid levels and the authors offer suggestions to explain the fluctuations.

> "Uric Acid and Diabetes Observations in a Population Study," The Lancet, pp. 240-243, (July 31, 1982).

## New Materials

Hospital Health Education--A Guide to Program Development, Donald J. Breckon, Aspen Systems Corporation, Rockville, Maryland 1982. 275pp. $27.50. Available from: Aspen Systems Corporation, 1600 Research Blvd., Rockville, MD 20850. Phone: (800) 638-8437, or (301) 251-5233 in MD.

Presented as a practical guide, the author discusses the issues involved in planning, implementing, and evaluating a hospital health education program for patients, their families, the community, and the hospital staff. An overview section presents a historical perspective and reviews the nature and rationale of hospital health education programming. Topics covered in chapters devoted to programming and practice include: administration, staff selection and training; determination of needed programs and curriculum development; selection and use of educational methods and materials; self-help programming; funding; evaluation; assessing client needs; and considerations for special populations--the

(Continued on page 6)

## *New Materials Continued*

(Continued from page 5)

elderly, children, and minority groups. The appendices include policy and position statements on hospital patient education by relevant professional groups, such as the American Hospital Association.

Diabetes in the 1980's Challenges for the Future. The National Diabetes Advisory Board, U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health, NIH Publication No. 82-2143. May 1982. 47pp. Free. Available from: The National Diabetes Information Clearinghouse, Box NDIC, Bethesda, MD 20205. Phone: (202) 842-7630.

The National Diabetes Advisory Board summarizes in this fourth annual report the progress to date on the Long-Range Plan to Combat Diabetes and assesses opportunities for the future. The Board makes budget recommendations for the National Institutes of Health, the Centers for Disease Control, and the Indian Health Service. The report highlights advances and future directions of biomedical research in: etiology; epidemiology; hormone biosynthesis; hormone secretion and action; nutrition and obesity; bioengineering; transplantation; complications of diabetes; the nervous system; pregnancy and fetal development; and behavioral and psychosocial issues. It also summarizes the activities of the major research centers and programs. It briefly discusses the impact of the advances in basic and clinical research on the treatment of diabetes and the barriers to widespread application of these advances. It notes Federal initiatives and private sector efforts in diabetes control as well as the leadership roles of the Diabetes Mellitus Interagency Coordinating Committee and the National Diabetes Advisory Board.

Diabetes in the Family. The American Diabetes Association, Inc. Bowie, Maryland: Robert J. Brady Co., 1982. 210pp. $12.95, $8.95 softcover. Available from: Robert J. Brady, Co., Bowie, MD 20715. Phone: (800) 638-0220, or (301) 262-6300 in MD.

Presented informally for people with diabetes and their families, this volume covers the day-to-day and life-long considerations for treating and adapting to diabetes. Illustrated with black and white renderings, the contents includes the nature of diabetes; management issues, including diet, urine and blood tests, exercise, and stress; and decisionmaking about such topics as alcohol use, smoking, marriage, and pregnancy. Chapters on conflict resolution, new techniques and treatments under research, and resource organizations complement discussions about emergencies and long-term complications. The book includes a glossary of terms, exchange lists for meal planning, a bibliography, and an index.

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